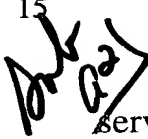## CLAIMS

The invention claimed is:

1. A method for delivering health care through a portable health assistant, comprising:

5   providing a patient with the portable health assistant;

configuring the portable health assistant with a protocol comprising multimedia software content for treating a disease of the patient through the portable health assistant;

at a computer remote from the portable health assistant, receiving patient

10 data collected by the portable health assistant in accordance with the protocol;

from the remote computer, sending to the portable health assistant an order, modifying how the protocol treats the disease, that comprises a task that the portable health assistant reminds the patient to perform at a predetermined time.

15   2. The method of claim 1, wherein the remote computer comprises a server that the portable health assistant periodically accesses.

3. The method of claim 1, wherein receiving the patient data collected

20 by the portable health assistant in accordance with the protocol comprises:

receiving the patient data at a server remotely accessible by the portable health assistant; and

at the remote computer, receiving a transfer of the patient data from the server to the remote computer over a computer network.

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4. The method of claim 3, wherein the computer network comprises an Internet and wherein receiving the transfer of the patient data from the server to the remote computer comprises receiving the patient data using a Web browser running on the remote computer.

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5.   The method of claim 1, wherein sending to the portable health assistant the order comprises:

sending the order from the remote computer over a computer network to a server that is remotely accessible by the portable health assistant; and

5   sending the order from the server to the portable health assistant.

6.   The method of claim 5, wherein the computer network comprises an Internet and wherein sending the order from the remote computer over the computer network to the server comprises:

10   creating the order using an interface provided by the server through a Web browser running on the remote computer; and

through the Web browser, sending the order from the remote computer to the server.

15   7.   The method of claim 1, further comprising receiving an alert at the remote computer that the patient data merits review by a clinician.

8.   The method of claim 7, wherein receiving the alert at the remote computer that the patient data merits review by the clinician comprises:

20   receiving the patient data at a server that is remotely accessible by the portable health assistant;

determining at the server that the patient data matches predetermined criteria indicating that the patient data merits review by the clinician; and

in response to determining at the server that the patient data matches the
25   predetermined criteria, sending the alert over a computer network from the server to the remote computer.

9.   The method of claim 1, wherein the patient data collected by the portable health assistant comprises an indicator of compliance by the patient
30   with a treatment regimen associated with the protocol.

10. The method of claim 1, wherein the patient data collected by the portable health assistant comprises a symptom reported by the patient to the portable health assistant.

11. A computer-implementable method for providing health care under the supervision of a remote clinician, comprising:

reminding a patient when to perform a task included in an order for treating the patient received from the clinician during a first periodic connection with a remote server;

receiving from the patient an indication of a symptom experienced by the patient; and

sending notification of the symptom to the remote server during a second periodic connection with the remote server so that the clinician can evaluate a need for a new order.

12. The method of claim 11, wherein receiving from the patient the indication of the symptom experienced by the patient comprises:

waiting for the patient to initiate reporting of the symptom; and

receiving the indication of the symptom from the patient.

13. The method of claim 11, wherein receiving from the patient the indication of the symptom experienced by the patient comprises:

querying the patient to report the symptom; and

receiving the indication of the symptom from the patient.

14. The method of claim 11, wherein reminding the patient when to perform the task included in the order comprises:

generating an audible alarm; and

providing instructions for performing the task to the patient.

15. The method of claim 14, wherein the instructions for performing the task comprise multimedia information.

16.   The method of claim 11, further comprising querying the patient to determine if the patient has completed the task.

17.   The method of claim 16, further comprising notifying the remote server whether the patient has completed the task.

18.   The method of claim 11, further comprising providing the patient with educational material about a disease of the patient.

19.   The method of claim 11, further comprising:

instructing the patient how to use a health monitoring device; and

receiving a physiological measurement of the patient determined by the health monitoring device.

20.   The method of claim 19, wherein receiving the physiological measurement of the patient determined by the health monitoring device comprises receiving the physiological measurement by entry of the physiological measurement through a touch screen interface.

21.   The method of claim 19, wherein receiving the physiological measurement of the patient determined by the health monitoring device comprises receiving the physiological measurement through a direct connection with the health monitoring device.

22.   The method of claim 11, further comprising:

receiving an indication that the patient wants to view the order; and

displaying the order to the patient.

23.   A computer-readable medium having computer-executable instructions for performing the method of claim 11.

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24.   A portable health assistant adapted to perform the method of claim 11.

25.   A portable health assistant system, comprising:

a portable health assistant functional for performing the following functions:

periodically forming a communication connection with a remote computer server;

over the communication connection, receiving orders from a clinician for treating a patient;

reminding the patient when to perform tasks included in the orders;

collecting information from the patient about symptoms experienced by the patient and compliance by the patient with a prescribed treatment regimen; and

sending the information to the computer server over the communication connection;

the computer server functional for performing the following functions:

sending the information over an Internet to a clinician at a remote Web browser;

determining if the information meets predetermined criteria indicating that the clinician should be specially notified of the information;

sending an alert to the clinician if the information meets the predetermined criteria indicating that the clinician should be specially notified of the information;

receiving the orders from the clinician; and

sending the orders over the communication connection to the portable health assistant; and

the Web browser functional for performing the following functions:

displaying the alert to the clinician;

displaying the information to the clinician; and

transmitting the orders from the clinician over the Internet to the computer server.